

OTTAWA JEWISH BULLETIN & REVIEW



In Memoriam Golda Meir 1898 - 1978

Members of the Jewish Community who would like to pay their respects to the memory of Golda Meir may do so by signing the Book of Condolence at the Jewish Community Centre. A memorial service is to be held on Wednesday, December 20 at 12:30 p.m. at Congregation Beth Shalom.

"Seek peace and pursue it..." ... "INSHI DUV VPI"

Whereas Israel for the first time in its thirty year history stands on the threshold of peace, and...
Whereas Israel's chief architect in that effort has been its illustrious Prime Minister, Menachem Begin and...
Whereas his quest for freedom and justice for the Middle East has won him the shared Nobel Peace Prize for 1978...

The Jewish Community of Ottawa and its State of Israel Bond Organization, assembled in special session to mark its acceptance of the Nobel Peace Prize, hereby pays tribute to Menachem Begin for his lifelong devotion to the Jewish people, his love of Zion and his inspired leadership as Prime Minister of Israel. May he and the whole House of Israel witness the fulfillment of Isaiah's prophecy that "nation shall not lift up sword against nation; neither shall they learn war any more."

Adopted unanimously with pride and affection at Ottawa, Canada, this 10th day of December, 1978, corresponding to the 10th day of Kislev, 5739.

Present Testimonial Plaque

Facsimile of a plaque accepted by the Ambassador of Israel at a Rally for Peace held on December 10 by State of Israel Bonds to mark the presentation of the shared Nobel Peace Prize to Prime Minister Begin in Oslo. It will be sent to Mr. Begin in Israel.

First Candle December 24

Chanukah Observed From Dec. 25-Jan. 1

The Chanukah holiday begins on the eve of the 25th day of Kislev and lasts eight days. It begins on the eve of December 25 this year.

The Hebrew word "Chanukah" means dedication. The Apocryphal books of the Maccabees tell the story of Chanukah and the re-dedication of the Temple of Jerusalem.

In 165 B.C.E. after a three year struggle, the Jews in Judea defeated the Syrian tyrant Antiochus IV. They held festivities in the Temple in Jerusalem, and rededicated it to God. After cleaning the Temple of Syrian idols, they found only one small cruse of oil with which to light the holy lamps. But miraculously, the cruse



Ancient coin minted by Mattathias 40-37 B.C.E.

provided oil for eight days. Judas Maccabaeus, the Jewish leader, then proclaimed a festival to be observed annually.

During Chanukah today, gifts are exchanged and con-

tributions made to the poor. Each evening, one additional candle is lighted on the Chanukah menorah. By the last evening, eight lighted candles stand together.

There are two blessings which prepare the Jew for deriving significance from observing the Festival of Dedication (or Lights), Chanukah.

You are blessed, Lord our God, Ruler of the Universe, in observance of Whose commandments we become sanctified.

You are blessed, Lord our God, Ruler of the Universe, for You have enabled the possibilities of miraculous events for our ancestors in those days at this season.

Name Senior Officers For '79 United Jewish Appeal

Gilbert Greenberg, President of the Jewish Community Council of Ottawa, has announced the appointment of Charles (Chick) Taylor as General Chairman of the 1979 United Jewish Appeal Campaign and Lisa Cogan as Chairman of the Women's Division.

Mr. Taylor, last year's Associate General Chairman, has been involved in a leadership role in the United Jewish Appeal for the past number of years. He is a highly committed and well-organized individual whose sincerity and determination to see things through have made him a particularly effective campaigner.

In his new post, he assumes over-all responsibility for the policy, planning and conduct of the 1979 United Jewish Appeal effort.

Lisa Cogan, a member of the Women's Division Campaign Cabinet for the past number of years, served as a Vice-Chairman of the Division in 1978. Mrs. Cogan has participated in several National Women's Division Missions to Israel and has seen at first hand how U.J.A. dollars are used to receive, house and integrate immigrants and to improve the quality of life for others who are ill or disadvantaged. She is a highly-motivated and articulate spokesman for the cause.



Chick Taylor



Lisa Cogan

Mr. Taylor has had the advice, guidance and active support of Alfred Friedman and Sol Shinder, the 1977 and 1978 General Chairmen respectively. Together, they have developed a plan for a fast-paced concentrated campaign which includes a Special Men's Fact-Finding Mission to Israel and the involvement of a young, vigorous group of campaign leaders and workers. Present plans call for beginning early in the new year with completion by April 30.

Both Mr. Taylor and Mrs. Cogan are rounding out their Campaign Cabinet appointments which will be announced in subsequent issues of the Bulletin.

In 1979, Jewish communities throughout the free world will be highlighting an exciting new project called "Operation Renewal" as the focal point of their combined campaigns.

Operation Renewal was conceived by Prime Minister Begin as an all-out attack on the living and social conditions of some 45,000 families in 160 deprived neighborhoods.

The cost will be \$1.2 billion over the next eight to ten years of which half will be borne by the people of Israel and the other half by the diaspora. Canada's goal is \$30 million, payable over a five-year period. Communities will be able to fund specific neighborhoods.



Mayor Lorry Greenberg accepts a plaque from Rabbis Reuven Bulka and Yaakov Kaploun commemorating Education Day. The Mezuzah he received from the Jewish Community of Ottawa on his election as Mayor hangs on his office wall behind them.

Mark Education Day at Ottawa City Hall

Ottawa's Educators gathered on Wednesday, November 8th, 1978, in Mayor Lorry Greenberg's office to endorse a Proclamation declaring that day as Education Day in the City of Ottawa. Organized by Rabbis Bulka and Kaploun, the ceremony served to focus attention on the importance of education in the community. Educators from all the major school systems in Ottawa-Carleton were present and the Ministry of Education was represented by the Regional Director, Dr. Ronald Duhamel.

Rabbi Yaakov Kaploun, Director of Education, Ottawa Talmud Torah Board, addressed those gathered and spoke about the collective responsibility the educators had over more than 100,000 children in the Greater Ottawa area. Rabbi Kaploun commented "In a real sense we have a direct effect and influence on the homes of hundred of thousands of people. We may have different cultures and different backgrounds but the common social values of honesty and justice, mercy and kindness, humility and consideration, for our fellow beings are the

common elements under which we can unite."

Mayor Greenberg in addressing the group spoke of the historical significance of the gathering. Indeed it was the first time these educators have ever gathered at one time. Dr. Hal Willis, Director of Education, the Ottawa Board of Education, proposed a toast to the Mayor and to the Proclamation. Dr. Duhamel of the Ministry of Education, responded in both French and English. Rabbi Bulka served as Chairman of the event and presented a plaque to Mayor Greenberg. Among those attending were:

Mr. Stan Katz — Carleton Board of Education; Mr. Bert Kipp — Ottawa Roman Catholic Separate School Board; Mr. W. Joyce — Principal, Ashbury College; Mr. H. Huyer — Principal, The Ottawa Christian School; Dr. W. Crossan — Director of Education; Carleton Roman Catholic Separate School Board; Mrs. Whitwill — Elmwood School and Mr. Ross Richardson — Principal, General Studies, Hillel Academy.



L'Hadlik Neir Shel Chanukah

Memorial Service

in tribute to

GOLDA MEIR

Fourth Prime Minister of Israel

Wednesday, December 20 at 1:00 p.m.

Congregation Beth Shalom

151 Chapel Street, Ottawa

under the auspices of

The Embassy of Israel

and

The Jewish Community Council of Ottawa

The Government of Canada and Heads of Diplomatic Missions in Ottawa have been invited to attend

Due to the restrictions of time, this will be the only notice you will receive.

The Service will be brief.

Please be on time.

Trees to Beautify Cemetery

The New Jewish Cemetery of Ottawa would like to raise a minimum of \$5,000. to plant trees to commemorate Tu B'Shevat and to beautify the grounds.

If you would like to help in this worthwhile project, fill out the form below and mail it to your own Synagogue with an accompanying cheque made payable to the Synagogue.

A day will be set aside in early May, 1979, when these trees will be planted. Those who donate trees will be invited to plant their own at that time. Youth groups throughout the city will be asked to take part in the mass planting as well.

In addition to the larger trees, the intention is to plant 1,000 seedlings in the New Cemetery's nursery for future planting in other areas.

Additional information can be obtained from Israel

Shinder, Chairman of the New 746-4663 or Howard Goldberg Jewish Community Cemetery at 232-7306.

Tree Planting Project

Name _____

Address _____

Contribution _____

Want to plant my own trees _____

Have others plant them _____

Sugar Maple \$20. _____

White Spruce \$20. _____

Silver Leaf Dogwood,

Austrian Pine \$25. _____ Alpine Currant, Golden

Colorado Spruce \$25. _____ Mock Orange, Red

Seedlings 12" \$1.00 _____ Osier Dogwood

\$5. _____



Tribute to Abe Lieff

Herbert Zagerman, Chairman of the Jewish National Fund Council of Ottawa is shown presenting a J.N.F. certificate to The Honourable Mr. Abraham H. Lieff at the Negev Dinner in his honour held at the Jewish Community Centre on October 31. Looking on is the wife of the honouree, Sadie Lieff and Dinner Chairman, Mervin Mirsky.

Stress and the Heart

The concept that emotion is an important factor in the development of coronary heart disease antedates even Sir William Osler's observation in 1892, that the typical candidate was "a keen and ambitious man, the indicator of whose engines is always set 'full speed ahead'". In 1628, William Harvey included in his book on the circulatory system a report of "a strong man, who having received an injury and affront from one more powerful than himself, and upon whom he could not have his revenge, was so overcome with hatred and spite and passion, which he yet communicated to no one, that at last he fell into a strange distemper, suffering from extreme oppression and pain of the heart and breast", from which the patient shortly died.

Many years later the celebrated English surgeon John Hunter, who suffered from angina, which was readily induced by emotion, commented: "My life is at the mercy of any fool who shall put me in a passion". He died during a heated discussion at a hospital board meeting.

Dr. Henry I. Russek, Research Professor in Cardiovascular Disease and Clinical Professor of Medicine, New York Medical College, reported in his study of one hundred young coronary subjects that the visible manifestations previously mentioned by Friedman and Rosenman, Kempe and others, were not frequently encountered in his group and the great majority did not exhibit such easily recognized outward behaviour characteristics. In fact, he states that most of the subjects seemed to show a striking degree of self-control, dignified reserve and outward complacency during interrogation. In many of these subjects, psychological factors would have remained unrecognized had he not made a special inquiry regarding their presence.

Concern for Trivia

In almost every instance, the young coronary patient proved to be a victim of overwork, often as a result of his unrelenting drive, intense desire for recognition, or profound sense of obligation to his employer, his family, or others, but more commonly simply as a consequence of meeting life's challenges with maximum and unstinting effort. Compulsive about time, and overmeticulous, these patients were often concerned about trivia, impatient with subordinates and worrisome. Being perfectionists, they generally chose to do the work themselves rather than delegate it to others. It was their usual practice to take on more responsibilities at an occupational, community or domestic level than good judgment would dictate. They minimized their symptoms and neglected prudent rules of health.

Restless Leisure

However, perhaps the most characteristic trait of the young coronary patient was his restlessness during leisure hours



This is the third in a series of articles on Stress by Nathan Schechter, M.D. In the next issue Dr. Schechter deals with the Prevention and Management of Emotional Factors in Coronary Heart Disease.

and his sense of guilt during periods of relaxation. Consequently, he rarely took vacations and such leisure time as he did possess was frequently regimented by obligatory participation in an assortment of social, civic or educational activities. It is evident that behaviour patterns quite independently of the demands of the job itself may generate high degrees of emotional stress.

The way individuals respond to stress is in part determined by social and cultural traditions. For example, if we consider the visibility of symptoms, the findings indicate that certain races react to the stress they experience by symptoms that are highly visible to the outside world. Other races are repressors. The stress they experience is turned inward and the "stiff upper lip" seems to prevail across their total physical reaction. It is in the latter group that the higher incidence of coronary heart disease occurs.

Men, as compared to women, also tend to be repressors and in addition, the higher educated as compared to the lower educated seem to handle the stress they experience in a less visible way.

It has been shown that heredity does play a part in the development of arteriosclerosis and coronary heart disease. It is also true that the evidence suggests that Type A behaviour is acquired. Thus, Coronary Heart Disease may develop in persons without hereditary predisposition and in them the role of psychic stress per se is aetiologically significant.

Duration of Tension

It was found that gradually mounting tension of emotional origin months or years in duration occurred prior to the onset of an acute heart attack in a large segment of the patients who came under investigation. In the one hundred coronary patients under age 40, prolonged emotional strain associated with job responsibility preceded the attack in 91 percent of the cases. In this group, 25 percent had been holding down two jobs and an additional 46 percent had worked sixty hours or more per week for long periods immediately preceding the onset of the heart symptoms. In the other 20 percent, there was

unusual fear, insecurity, discontent, frustration, restlessness or sense of inadequacy in relation to employment. In Russek's study it was found that occupational stress was a bigger factor in the development of Coronary Heart Disease than fat intake, hereditary influences, obesity, tobacco consumption and physical activity.

All types of occupations were represented and there was no indication that premature coronary heart disease was restricted to any specific level of vocational endeavour.

An interesting study was done on a large group of medical men. It was found that general practitioners and anesthesiologists were in the high stress group, while pathologists and dermatologists were in the low stress group. From an analysis of 2,587 cases studied it was found that those in the high stress group had distinctly higher rates of CHD than the low stress group. It should not surprise us that the practising physician whose routine duties encompass not only responsibility for health but also for life itself should be found among the most vulnerable members in our society.

Survival of Fittest

There are a variety of mechanisms that may link these social and psychological factors with CHD. Pathophysiological responses appear to be correlated with the inability of the individual to master stress. Since his appearance on this planet, homo sapiens has spent some 3 and 3/4 million years in the forest, 100,000 years on the farm and only 300 years in the factory. Since adaptation to changing environment generally takes hundreds of thousands of years, it is to be expected that modern man is currently being exposed to a continuing evolutionary process of natural selection to determine who shall survive in the complex and changing society which he has created. Coronary heart disease may be one means through which such selection is being accomplished.

In the relatively new environment of industrialized and mechanical society many people appear to be responding to the challenges of daily urban living with body mechanisms that are chronically mobilized and overreact to the challenges of their environment. Such persons demonstrate a failure to master stress continuum.

It now appears that stress starts a chain of physiological and biochemical mechanisms in the body in which most of the other risk factors play a role. Stress, for example, releases powerful chemicals into the blood stream that elevate the blood pressure and mobilize fatty acids from fat tissue in the body which are converted to cholesterol and triglycerides and deposited as arteriosclerotic plaques in the inside lining of arteries particularly the arteries of the heart. Smoking of cigarettes increases the secretion of these chemicals. Obese persons have an increased rate

From the Mail Bag

Lower Meat Price

Dear Sir,

I am firmly convinced that there is no need for people to pay any more for kosher meat, than is being charged in the supermarkets. We pay for our life-animals the same 50-60 cents per pound, which would translate into a retail price of \$1.40 to \$2.90 per pound, depending of course on the quality and cut. But in order to buy kosher meat at these prices, it might be necessary to re-educate the thinking of our kosher butchers, and perhaps the Vaad might even take to conducting our own kosher meat-market!

At any rate, I am simply an older gentleman, living on a pension, who would like to keep kosher. You can imagine my feelings when I see corn-beef advertised at the A & P for \$1.88 a pound!

I hope that you are broad-minded enough, to publish my letter to the editor. We should

be able to make kosher meat available at affordable prices.

H. Rabinovitch
Montreal

Need Book Outlet

Editor:

I was furious when I found out that the Chanukah Book and Gift Fair was cancelled.

There is no reason good enough for this annual event to be cancelled. The momentum of the last 4 years' work has been lost.

I looked for an announcement in the Bulletin and saw, "Chanukah Gift Sales Cancelled". The word "book" was not even mentioned.

The whole idea of the First Annual Chanukah and Gift Fair was to provide an outlet for the people of Ottawa to buy Jewish books and books by Jewish authors. No other such outlet exists in Ottawa.

Is this typical of the Jewish Culture in Ottawa?

We were "The People of the Book." What are we now?

Louise Glatt

Shcharansky Book

Dear Editor:

Avital Shcharansky is compiling a book about her husband Anatoly. She asks for any correspondence received from him before his arrest in 1977, or anecdotes from those who had met him. Send to SSSJ, (Student Struggle for Soviet Jewry) 200 W. 72nd St., suites 30-31, New York 10023. Glenn Richter, SSSJ, New York

Ottawa Jewish Bulletin and Review

Advertising Rates

Commercial

Full page	\$250.
Half page	\$150.
(10 x 7 1/4" or 6" x 12")	
Quarter page	\$80.
(4" x 9" or 6" x 6")	
Per column inch (minimum 2 inches)	\$ 5.

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Up to 20 words (Must be mailed in) \$3.

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Submit copy to Nancy Zalman, Bulletin Co-ordinator, 151 Chapel Street, Ottawa K1N 7Y2, telephone 232-7306.

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Jewish Community Centre Programs

Jan. - May 1979

Program Information



In this issue of the Ottawa Jewish Bulletin and Review, the Jewish Community Centre's pages are devoted to program information. The Centre attempts to provide programs for the entire community and for all age groups. Suggestions for programs from individuals or groups within the community are most welcome. Please feel free to phone or write to Larry Szpirglas, Executive Director; Ron Boro, Director, Physical Education; Bernie Farber, Director, Youth Services; or Shelli Witten, Adult Worker, at 232-7306. Jewish Community Centre programs are developed to meet community needs. Constructive criticism, concerns and suggestions help the Jewish Community Centre to better serve the community.

—Larry Szpirglas



PROGRAM	TIME	NON-MEMBER FEE	MEMBER FEE	NO. OF WEEKS	STARTING MO.	DAY	INSTRUCTOR
SUNDAY							
Floor Hockey	10:00 a.m. - 4:00 p.m.	\$20	Free	10	1	7	
Jazz Dance — Children	3:00 - 4:00 p.m.	\$15	Free	10	1	7	Lydia Butler
Ages 5 - 14							
Gymnastics — Children	4:00 - 5:00 p.m.	\$15	Free	10	1	7	Sharon Saslove
Ages 5 - 14							
Varsity Basketball	5:00 - 8:00 p.m.	\$20	Free		1	7	
MONDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	
Co-Ed Fitness	12:30 - 1:00 p.m.		Members only				Ron Boro & Louise Cloutier
Volleyball	7:00 - 10:30 p.m.				1	8	Jacques Gold
Co-Ed Fitness	7:30 - 8:30 p.m.	\$30	Free	10	1	8	Reg Hewitt
TUESDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	
K'ton Ton Preschool	9:30 - 10:30 a.m.						Lucy Barbalat & Judy Hird
Ages 2 - 3½							
Bitty Gym	10:30 - 11:30 a.m.						Ron Boro & Louise Cloutier
Ages 18 mos. - 3½							
Co-Ed Fitness	12:30 - 1:00 p.m.		Members only				Jacques Gold
Women's Volleyball							
Practice	6:30 - 8:00 p.m.				1	8	
Women's Sports Eve	8:00 - 10:00 p.m.	\$15	Free		1	9	
EDUCATION							
WEDNESDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	
Co-Ed Fitness	12:30 - 1:00 p.m.		Members only				Ron Boro & Louise Cloutier
Senior Walk	1:00 - 2:00 p.m.						Louise Cloutier
Tennis	6:30 - 8:30 p.m.	\$35	\$30	10	1	10	from Thunderbird Tennis Club
Co-Ed Fitness	7:30 - 8:30 p.m.	\$30	Free	10	1	8	Reg Hewitt
B'nai B'rith Gym Nite	8:30 - 10:00 p.m.		Special membership		1	10	
PROGRAMS							
THURSDAY							
Ladies' Fitness	9:15 - 10:00 a.m.	\$25	Free	10	1	3	Louise Cloutier
K'ton Ton Preschool	9:30 - 10:30 a.m.						
Bitty Gym	10:30 - 11:30 a.m.						
Co-Ed Fitness	12:30 - 1:30 p.m.		Members only				
Kiddy Gymnastics	2:20 - 3:00 p.m.	\$10	Free	10	1	11	Louise Cloutier
Ages 4 - 5							
Co-Ed Fitness	7:30 - 8:30 p.m.	\$30	Free	10	1	8	Reg Hewitt
Belly Dancing	7:00 - 8:00 p.m.	\$21	Free	6			Rosemary Corfield
Youth Gym Note	7:30 - 9:00 p.m.						
Weight Control	8:00 - 9:00 p.m.	\$20	Free	10	1	11	Louise Cloutier
Jazz Dance — Adults	8:00 - 9:30 p.m.	\$15	Free	10	1	11	Lydia Butler
FRIDAY							
Co-Ed Fitness	12:30 p.m. - 1:00 p.m.		Members only				
SPECIAL PROGRAMS							
Broomball City Team	To be announced	\$12	Free				To be announced
Varsity Hockey League	To be announced						
Recreational Hockey League	To be announced	\$75					
J.C.C. Skiers	To be announced			10	1	7	

Jewish Community Centre Building WEEKLY SCHEDULE

Monday-Thursday _____ 9:00 a.m. - 10:00 p.m.
 Friday _____ 9:00 a.m. - 4:00 p.m.
 Sunday _____ 9:00 a.m. - 5:00 p.m.

The building is kept open later in cases of special events. Special arrangements for meetings, social gatherings, etc. can be made with the Director.

Wrap Service

A Chanukah and Christmas Gift Wrapping Service is available at Elmvale Shopping Centre, St. Laurent Boulevard at Smythe Road, in the Mall from December 14 to 23 through the efforts of Kadimah Chapter of ORT.

Anyone may take advantage of this service whether or not purchases were made there.

HOLIDAY SCHEDULE

December 25, 1978 - December 31, 1978

The hours of operation for the building, including the gymnasium, will be the same as the regular weekly schedule, with the following exception:

Monday, December 25, 1978 _____ 9:00 a.m. - 5:00 p.m.

Endowment Fund Donations

The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation acknowledges with thanks the receipt of contributions to the following Funds, since publication of the last lists on December 1:

TOM & MIRIAM BORDELAY ENDOWMENT FUND

By Mr. and Mrs. Max Bordelay; In Memory of Morris Baylin by Mr. and Mrs. Issie Kardish; and by Mrs. Miriam Bordelay.

HYMAN BESSIN MEMORIAL FUND

By Mr. and Mrs. Ben Bean, Miami Beach, Fla.; and by Chevra Mishnayes Beth Shalom.

ALEX BETCHERMAN MEMORIAL FUND

By Chevra Mishnayes Beth Shalom.

B'NAI B'RITH LODGE NO. 885 MEMORIAL FUND

In memory of Jack Lorie, Michael Freedman, Israel Shore, Jack A. Levin and Morris Goldberg by B'nai B'rith Ottawa Lodge No. 885.

HARRY COOPER MEMORIAL FUND

In honour of the 25th Wedding Anniversary of Mr. and Mrs. Lawrence Freedman by Mrs. Jean Cooper.

LAWRENCE FREIMAN SCHOLARSHIP FUND

In honour of the 20th Wedding Anniversary of Dr. and Mrs. Erwin Koranyi by Mr. and Mrs. Abe Klugsberg.

MICHAEL FREEDMAN FOUNDATION

In memory of Morris Goldberg by Mrs. Michael Freedman.

In honour of the 25th Wedding Anniversary of Mr. and Mrs. Lawrence Freedman by Mr. and Mrs. Charles Gardner.

MORRIS GOLDBERG MEMORIAL FUND

In memory of Morris Goldberg by Mrs. Louis Rouse; by Mrs. Sonia Kizell; by Mr. and Mrs. Peter Lightfoot, Morewood, Ont.; by Mrs. A Heuff and Family, Morewood, Ontario; by Mr. and Mrs. Charles Gardner; by Mr. and Mrs. Bernard Shinder; and by Mr. and Mrs. Casey Swedlowe.

For Chanukah

The Ami Hai Dance Company will present a programme entitled "In celebration of Chanukah" at the National Museum of Man in the Salom third floor, December 17 at 2.00 p.m.

This presentation, requested by the Director of Programming for the Museum of Man will present the Dance Company (presently in its ninth year) in performance. As well, the program will include the lighting of the Menorah, the songs of the Israella Chorus, and the narration of the story of Chanukah.

JACOB GLADSTONE ENDOWMENT FUND

By Mr. and Mrs. Ben Bean, Miami Beach, Fla.

JACOB & ESTHER KIZELL MEMORIAL FUND

By Mr. M. J. Brovender; and by Mrs. Florence Kizell, Toronto, Ont.

SIMON AND THELMA RITT ISRAEL SCHOLARSHIP FOUNDATION

In memory of Morris Goldberg by Mr. and Mrs. Kenneth Ritt; and by Mr. and Mrs. David Ritt.

KOVOD FOUNDATION

Wishing speedy and complete recovery to Morrie Konick by Mr. and Mrs. Stanley Katz.

In honour of the 25th Wedding Anniversary of Mr. and Mrs. Lawrence Freedman by Mr. and Mrs. Harry Shinder.

In honour of the 25th Wedding Anniversary of Mr. and Mrs. Herbert Zagerman by Mr. and Mrs. Herman Roodman.

In honour of the 25th Wedding Anniversary of Mr. and Mrs. William Einhorn, Thornhill, by Mr. and Mrs. Tom Marcus.

In honour of the 40th Wedding Anniversary of Mr. and Mrs. Max Zelikovitz by Mr. and Mrs. Arnold Lithwick.

JACOB AND LEAH RIVERS MEMORIAL FUND

In Honour of the 70th Birthday of Ben Goldberg by Mr. and Mrs. Harry Shinder; by Mr. and Mrs. Reuben Kalin; by Mr. and Mrs. Aronld Lithwick; by Mr. and Mrs. Irving Lithwick; and by Mr. Issie Sandler.



PINKUS NEWMAN ENDOWMENT FUND

In memory of Morris Goldberg. By Mr. and Mrs. Pinkus Newman.

HARRY SHINDER ENDOWMENT FUND

By Mr. and Mrs. Ben Bean, Miami Beach, Fla.

LOUIS SLACK MEMORIAL FUND

In honour of the birth of Gregory Aronson by Mr. and Mrs. Edward Gavsie.

In memory of Mrs. Fanny Hirsh, Vancouver, (mother of Lottie Shainbaum) by Mr. and Mrs. Sam Slack.

By Mr. M. J. Brovender; and by Mr. and Mrs. Ben Bean, Miami Beach, Fla.

CLAIRE & SAM TANNER ENDOWMENT FUND

In memory of Morris Baylin by Mr. and Mrs. Sidney Dain; by Mr. and Mrs. Jack Feldberg; and by Mr. and Mrs. Harry Kofsky.

SAUL & FANNY TANNER ENDOWMENT FUND

In memory of Morris Goldberg by Mr. and Mrs. Louis Cohen.

In honour of the birth of grandson Anthony Solomon Cohen, son of Dr. and Mrs. Stephen Cohen, Timmins, Ont. by Mr. and Mrs. Louis Cohen.

Contributions may be sent to the Foundation at 151 Chapel Street, Ottawa, Ontario, K1N 7Y2. All are income tax exempt. Notifications and acknowledgements are sent to all concerned in the form of attractive cards and letters.



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In Recognition of the Campaigners of the 1978 United Jewish Appeal

Scenes from the Campaign Closing
and Worker Appreciation Night



General Chairman Sol Shinder presents Mezuzah award to Associate General Chairman Chick Taylor.



Gdalyah Rosenfeld is cited for his leadership of the Public Service Division.



Veteran Canvasser of the Year Percy Weinstein, All-Round Canvasser of the Year Irving Taylor and Rookie Canvasser of the Year Barry Ages congratulate each other.



The President of the Vaad says "Thank You" to Zelaine and Sol Shinder.



Women's Division Chairman Dorothy Nadolny accepts Cup of Elijah Award from the General Chairman.



Sol Shinder lauds Alfred Friedman for his work as Chairman of Major Gifts.



Dorothy Nadolny is pictured with Phyllis Sternthal, Women's Division All-Round Canvasser of the Year; Millie Weinstein, Veteran Canvasser of the Year; and Myra Aronson, Rookie Canvasser of the Year.



Jewish Community Centre Programs

Junior Winter Holiday Spree

Once again the Jewish Community Centre Youth Activities Department is offering a fun-filled week for children ages 5-10 years during winter vacation, under the direction of Shelli Witten.

The program will be based on special, fantastic activities, and will provide entertainment and a way to keep busy during the winter vacation.

The following is a list of what will be offered.

Monday, December 25, 1:30-4:30 — Maccabia at the Jewish Community Centre. An afternoon of sports and games in the gymnasium.

Fee: Members — Free
Non-Members — \$2.00

Tuesday, December 26, Entre Six Dance Group at the National Arts Centre. A special children's presentation of Peter and the Wolf. Meet at the Jewish Community Centre at 2:00. Performance begins at 3:00. Fee for this extravaganza includes bus fare.

Fee: Members — \$3.00
Non-Members — \$4.00
Wednesday, December 27, 2:00 — Clown Workshop. A special afternoon of fun and learning. Children get to see what goes on behind the scenes of clowning. Limited to 20 children, ages 8-10 years.

Fee: Members — \$2.00
Non-Members — \$4.00

or
2:00 — Arts and Crafts — Workshop. An afternoon of clay, painting and projects for the holidays.

Fee: Members — Free
Non-Members — \$2.00

Thursday, December 28, 1:30 — Sleigh Ride at the Bar-L Ranch followed by hot chocolate and a sing song back at the Jewish Community Centre. Limited to 20 children.

Fee: Members — \$2.00
Non-Members — \$4.00

or
2:00 — Skating on the canal followed by hot chocolate and a

sing song at the Jewish Community Centre. This activity will be offered to children who could not be enrolled in the Sleigh Ride program.

Friday, December 29, 2:00 — Puppet Show and Movie Hour. The afternoon begins with an hour of delight as children enter the magical world of a puppet show. Following this, we present a special cartoon, and the deluxe feature presentation of "The Sword and the Stone".

Fee: Members — \$3.00
Non-Members — \$5.00

Total Cost for the entire week:
Members: \$10.00
Non-Members: \$21.00

A child may register for the full week or by program.

For information and registration call the Program Office, 232-7306. A deposit of \$10.00 will be necessary to insure a place for your child in "A Winter Spree at the J.C.C.". So hurry and register now.

K'Ton Ton Winter Preschool

After a very successful fall session, the JCC is offering a winter K'ton Ton and Bitty Gym program. This program aims at stimulating the child's interest in and appreciation of his or her Jewish heritage through constructive and meaningful play. Lucy Barbalat leads the children, between the ages of two, and three and a half, in a variety of classroom experiences.

Free Play — Arts and Crafts — Circle Time



The children learn to share and co-operate in a free play period. Another aspect of the program is Arts and Crafts such as building, painting, and playing with plasticine and crayons. The themes are related to upcoming Jewish holidays. Thus children are introduced to "circle time" in which they learn traditional Hebrew and English songs. Crackers and juice are also served.

Bitty Gym

Judy Hird ably assists Lucy and supervises the Bitty Gym program.

The Gym program is designed to introduce the child to the various gym equipment and to help him or her in motor development. Trampoline, ladders, ropes, balls, hoops and many other devices are used to make it a fun place for mother and child to develop.

Mothers' Fitness Class

The program is also designed to facilitate the use of Centre activities by women. A Fitness class is given while the children are in the program. Babysitting is available for toddlers under two.

The program is held on Tuesdays and Thursdays, starts January 9, 1979 and ends March 15. For more information, call Lucy at 820-0804, Judy 829-5566 or Ron and Louise at 232-7306.

Youth Dept. Plans for Jan. - May

Teens: Waddya Mean Nothin's Happening

The Youth Department of the Jewish Community Centre has a fantastic line up of teen events planned for the months of January through May. Full details will be discussed in later issues of the Bulletin. So, whether discoing's your thing or you just want to meet other people, the Centre's got a program for you.

Here are just a few of the activities being planned.

January — Skadium Disco — Movie Night

February — Casino Night — Weekend in Montreal

March — Leadership

Training Course — Disco Night

April — Holocaust Program

— Model Seder

May — Rocky Horror II

Information can also be obtained from the Youth Department at the Jewish Centre at 232-7306.

Hebrew Lessons

The Adult Program Department is offering courses in Hebrew Education.

Advanced Beginner Hebrew

Courses begin Monday, January 22, 1979, 7:00 p.m., in the JCC Library

24 session course — Centre Members . . . \$80.00 — Non-members . . . \$95.00

Instructor: Yael Lefkovich

Advanced Intermediate Hebrew

This class is presently in progress; however, there are still openings for interested individuals.

The course is held on Tuesday evenings, 7:00, in the JCC Library.

For further information, contact Shelli Witten, JCC

Community Centre by calling Bernie Farber or Shelli Witten at 232-7306.

B'Tweens: Drama And Otherwise

The Youth Department of the Jewish Community Centre invites boys and girls between the ages of ten and fourteen to join a drama and friendship group beginning in January.

The group will meet a minimum of once a week for drama classes. Instructor Natalie Gussmand will lead the class towards the final goal of performing a well-known and favorite play.

Other outings and activities, planned by the group under the direction of Youth Worker Janet Kimmel, will take place on weekends as well.

For more information please call the Youth Department of the Jewish Community Centre at 232-7306.

Women's Sports: Tues. Evenings

Do you want to get fit in a relaxed and social atmosphere? Why don't you come out and join us?

When: Tuesday, 8:00 — 10:00 p.m.

Where: Jewish Community Centre's Gym, 151 Chapel Street

What: Basketball, Floor Hockey, Volleyball

Cost: J.C.C. Members — Free, Non-Members — \$15.00

This includes the use of all facilities on Tuesday evening.

For more information, please contact Alyssa Greenberg at 729-2883, Glenda Goldmaker at 731-6554 or Louise or Ron at the Physical Education office, 232-7306.

Thank Goodness It's Sunday II

The second session of TGIS under the direction of Shelli Witten is scheduled to begin in January. Registration will be Sunday, January 7, 1979, and the first program will take place on Sunday, January 11.

The format of TGIS II will be different from TGIS I. Each Sunday a special day of fun or entertainment will be featured. Some of the programs to be offered are skating, tobogganing, a movie afternoon, a puppet show and many more special events.

Children may be registered to attend all eleven programs, or for individual ones.

Further details can be obtained from the Youth Department of the Jewish Community Centre, 232-7306. More information will also be available in the next issue of the Bulletin.

THE JEWISH COMMUNITY CENTRE CAMPING SERVICES COMMITTEE announces

1979 TEEN TRAVEL CAMP "WESTWARD HO"

from OTTAWA to VANCOUVER

JULY 2 - AUGUST 1, 1979

AGE — 13 - 16 years

PRICE (approx.) \$499.00

This is an experience of a lifetime!

Limited to 40 Applicants

See: Kitimat Pass

Rocky Mountains

Banff National Park

Calgary

Winnipeg

Vancouver, etc. etc.

All interested campers please call Camp Director

Bernie Farber at 232-7306

GALA CHANUKAH PARTY

for all children

ages 5 - 11 years

• Singing

• Dancing

• Games

• Latkes

• Entertainment

THIS SUNDAY, DECEMBER 17th

1:30 p.m.

Jewish Community Centre

For information contact:

Shelli Witten — 232-7306

Jonah Libman — 521-9700

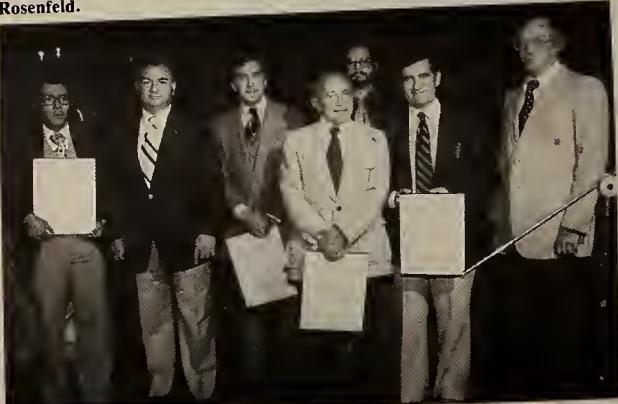
SPONSORED BY: Jewish

Community Centre in conjunction

with Machzikel Hadas Youth



Public Service Division Canvasser of the Year Dr. Shier Berman and Rookie Canvasser of the Year Geraldine Goldstein accept their awards from Gdalyah Rosenfeld.



Divisional Chairman Abe Nadrich, Lou Eisenberg, Max Sternthal, Peter Dena Gosewich, Sarah Berke and Beatrice Greenberg are shown with the Leadership Awards they received from Dorothy Nadolny.



Dena Gosewich, Sarah Berke and Beatrice Greenberg are shown with the Leadership Awards they received from Dorothy Nadolny.



Harry Toronto, Chairman of the Metro Division is singled out for praise by Sol Shinder.



Judith Pearl, 6, the youngest to complete the Walkathon receives her award from Sol Shinder and Walkathon Co-Chairman Dave Polowin.



Award of Merit Certificates were presented to Charles Wiseman, Barry Ages, John Marks, Morris Cantor, Nap Kapinsky, Dr. Sidney Kardash and Larry Hartman.



Gdalyah Rosenfeld pictured with Leadership Award winners Leon Leckie and Jack Weinman.



Abe Engel receives a plaque for his two-year term as Chairman of the Retail Division.

Battles Still To Be Fought

by Rabbi Donald Gerber, Temple Israel

Last year in mid-December, just after Human Rights Day (December 10), we were all quite concerned about Anatoly Shcharansky. Some of us were more than just concerned. We were angry.

Coincidentally, I had previously been invited to speak about Chanukah at a Kiwanis Club of Ottawa luncheon. There had been a heavy snowfall that morning and only 54 members of the club were able to attend. The Chanukiah (menorah) was placed appropriately on the speakers' table and after a most respectful and warm introduction by a Jewish member of the club, I proceeded to give my talk.

Anatoly Shcharansky, Ida Nudel, Vladimir Slepak, and others have been subsequently imprisoned or exiled. Nevertheless, I want to share last year's passion with you before this year's Chanukah.

Gentlemen:

This is the fifth day of the eight days of Chanukah. It is not the custom in Jewish homes to kindle Chanukah candles during daylight hours. With the exception of Friday late afternoons, the candles are lit after dark. I'm taking liberties with traditional practice today in order to save a life. Saving this life might take a miracle, and Chanukah is a holiday based on a miracle.

The miracle that Chanukah celebrates is the victory of a small group of Jews over the foreign armies of the Syrian-Greek King Antiochus IV. Antiochus desired to unify his empire of which the land of Judea was a small part.

Judea had been granted a certain dispensation since the time of Alexander the Great some 150 years before Antiochus. The Jewish people had been allowed freedom to practice their religion and profess their belief in God. This religious and cultural non-conformity never threatened the cohesive bond between Judea and the Greek world. To the contrary this religious and cultural toleration produced an exceedingly strong and healthy relationship between Jews and Greeks. Judea flourished under the relatively enlightened political influence of the Hellenistic Civilization.

Antiochus IV, however, shattered this understanding and respect by insisting that the Jews transform their holy Temple in Jerusalem into a Temple of Zeus and worship himself as an earthly manifestation of the Greek Pantheon.

Internal War

Many Jews already so committed to a Greek way of life could not resist. They had lost any active way of being Jews. They gave up their God, for they no longer experienced Him or sought his Presence.

Some Jews resisted. They were few, and they had been discouraged for years seeing their brothers, sisters and neighbors discarding belief and religious values in order to "fit in" with the new social order.

These few resisted the seemingly insurmountable obstacles of Greek armies and Hellenistic-Jewish opposition. They fought simultaneously a war against both external and internal enemies. They were victorious.

It was a man made miracle. It wouldn't have happened without determined and courageous men and women willing to defend intellectual and religious principles in order to preserve their personal freedom. Their victory was 2142 years ago.

9:30 in Moscow

Right now it is 9:30 p.m. in Moscow. It is the blackest part of the night. There, most Jews have either forgotten how or willing to light the candles for Chanukah.

In Moscow's most notorious KGB Prison — Lefortova, Anatoly Shcharansky is incarcerated in solitude, without legal counsel, uncharged for nine months since his March 15 arrest. His character is assassinated, his friends interrogated and harassed, his wife and family, everyone totally severed from him. Accused by Izvestia, Pravda, Tass and national television as a traitor, Zionist, CIA informant, capitalist, Zionist, capitalist Jew!

Three million Russian Jews are accused, condemned, maligned, as the Soviet media harass and vilify Shcharansky. The Soviets have made mandatory the religious and cultural denuding of the Jew since the October Revolution now 60 years past.

The barbaric anti-semitism of Stalin was more dementedly, crude than Antiochus had ever been. The Jews of Russia, some willing, many forced to assimilate, have accepted the compromise of their own freedom, for what? To be accused by Brezhnev as Shcharansky's traitorous brothers and sisters...as Zionists, informants, capitalists, Jews!

Do you remember I said earlier that I'm hoping to save a life. The fate of 3,000,000 Jews is connected to that one life. All the Jews of the U.S.S.R. depend on Anatoly Shcharansky and Anatoly Shcharansky depends on us.

For 6 months the Government of Canada has been informed about Shcharansky's incarceration. Members of our Parliament along with U.S. Congressmen and Senators had met with Shcharansky in Russia before his harassment began early this year. Our Prime Minister, the Leader of the Opposition, the Leader of the New Democratic Party have heard reason, have felt gentle coaxing, have seen letters, petitions, have been regularly approached by prominent Canadians.

HELP!
FURNITURE DEPOT needed for JIAS to store donations. Depot must be easily accessible to street to facilitate moving. Could be unused garage or other storage space.
For further information, please call Roslyn Kimmel, 825-9270, Jewish Immigrant Aid Services.

Stop the Scandal

Mr. Trudeau has said nothing, Mr. Clarke has said nothing, Mr. Broadbent has said nothing, nothing of substance, nothing of value, nothing of human rights, nothing of human dignity, nothing of human freedom*

Mr. Carter, the U.S. leader, has done something. He explicitly denied Shcharansky's involvement as a U.S. agent and he has warned the Soviet Government that continued severe treatment of Shcharansky will have serious repercussions regarding detente.

When will our leaders stop scandalizing themselves and us. When will they bring about unity of our people based on a commitment to morality and value. When will they stop posturing and politicing and start acting like men of principle. When will they stop being machines and start being human.

Only when we force them to confront real issues. We are to blame. We don't deserve any better leaders because we expect so little of them. Christmas parties with Tory Santas in Blue. Hockey Series with Armies in Red. O Canada, glorious and free, we stand on guard, we stand on guard for these.

You are blessed, Lord our God, Ruler of the Universe, for You have enabled the possibility of miraculous events for our ancestors in those days and at this time and for us, if we will only take the time and energy to act responsibly even if without support of our fellows.

"Dedication" is what Chanukah means. We must dedicate ourselves to the battles still to be wisely fought and the victories still to be won.

*Editor's note: The York University student hunger strike occurred at about the same time Rabbi Gerber spoke to the Kiwanis Club. Many concerned people acted very soon thereafter. Mr. Trudeau announced that Shcharansky would be granted landed immigrant status in Canada if allowed out of the U.S.S.R.

Here and There at OMJS

Ottawa Modern Jewish School students have been busy and working diligently since September. The registration went well this year and the school has an experienced staff of teachers. The Board also feels fortunate this year to have the services of Norma Rothman as Vice-Principal.

The parents and teachers enjoyed a wine and cheese party at the home of Dr. and Mrs. Norm Barwin. The Parent-Teachers' night

Shira School Busy

Recently, on her visit to Ottawa, Mrs. Aliza Begin was quoted as saying that in Israel children begin some formal education at a young age and "if they're not in the hands of a good teacher by age two, they are already disadvantaged." Strongly agreeing with this philosophy, the parents of Shira Co-operative Playschool see to it that their 2-3 1/2 year olds are exposed to a variety of worthwhile experiences.

Shira is now well into its fall program and is looking forward to an active winter season.

It has been a busy few months largely devoted to the holidays. Using stories, music and arts and crafts, the children have experienced, at their level, Rosh Hashana, Yom Kippur, Succot

and Simchat Torah.

With the help of teacher and mothers, they made their very own miniature succah.

Physical activity has been another vital part of Shira. A portion of the program allows the children both free and structured play in the gym using appropriate equipment.

Registration is now open for the winter session which will start on January 3, 1979. Anyone interested in visiting, registering or having additional information can call Maxine Gilbert (749-0517) or Bev Grostern (729-0561).

Grand Chanukah Rally

FOR KIDS 3 - 14 כה

SUNDAY, DEC. 24 — 2 p.m.

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ADMISSION FREE

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• Grand Prizes
• Latkes
• Chanukah Menorahs

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For further information call Elliot at 728-8945 or 722-8394



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ANNOUNCING JANUARY REGISTRATION

A number of children will be admitted to our Nursery Programs — Central and West End Branches.

JUNIOR NURSERY — children who will be 3 years of age before December 31, 1978.

SENIOR NURSERY — children who will be 4 years of age before December 31, 1978.

For information and application forms — write or call Rabbi Yaakov Kaploun, Director of Education, Hillel Academy, 453 Rideau Street, Ottawa, Ontario, K1N 5Z3. Tel. No. 235-1841.

Ottawa Jewish Singles

by Reuben Lightstone

An enthusiastic group enjoyed the dance party on November 25: positive attitude and good comradeship were evident. More such parties are planned for 1979, and the group hopes to acquire its own sound equipment.

As this article goes to press the OJS group for playing the card game of bridge is having its first session. For this activity, call Berry Minuk at 234-5472. Another group off to a good start is the one specializing in music appreciation and singing along. For information on this activity, call Reuben Lightstone, at 729-1359.

Everyone who has enjoyed the OJS supper gatherings in the past will want to attend one last one for 1978, at La Paloma Restaurant, 348 Rideau St., corner of Nelson, on Thursday

December 21 at 7:00 p.m. There will be an opportunity for dancing after nine o'clock. For further details phone Marilyn Pascal at 828-0351.

Looking ahead, a date to keep in mind will be the first OJS brunch of the new year on Sunday, January 21 at 11:00 a.m. at the Trio Tea Room, 427 Sussex Drive. For information call Shayna Keces at 234-4656. Also in January watch for the Chanukah Latke Party, an event sure to make a big hit with your stomach!

Membership for 1979 is now available at \$5 for the year, which will include an OJS monthly news letter. To apply and for general information on club activities call Reuben Lightstone at 729-1359. Membership is open to Jewish single, married and divorced persons over 26.

Local Walk Funds ORT

On November 2 at the Skyline Hotel, Ottawa, Max Levy, National Executive Director of Canadian ORT (Organization for Rehabilitation Through Training), was presented with a contribution by the Ottawa-Hull branch of the Metres for Millions Walk.

ORT was one of 13 participating agencies which helped organize and stage the Ottawa area walk.

ORT's share of the proceeds was designated for a rural development program in villages in the Begemdir-Simen Province in the northwest area of Ethiopia, where about 30,000 Falashas dwell.

Falashas are black Ethiopian Jews who live in primitive huts and utilize simple tools and utensils dating back to the 16th century. These Falashas, a highly religious group, are thought to be descendants of Queen Sheba.

Through ORT's program, these Jews obtain greater economic opportunity, better health services, and higher agricultural productivity.

It is hoped that the 1979 Walk will be even more successful, as ORT will once again be profiting from it. Anyone wishing to participate in next year's project should call 224-2027, or 829-6083.

300 Attend Seminars

Two Cult Information Seminars involving over 300 people were held at the Jewish Community Centre on Sunday, December 3.

During the afternoon, 60 high school students gathered to discuss cults with four guest panelists: Rabbi A. James Rudin, chairman of Interreligious Affairs, American Jewish Committee; Moshe Halevi Spero, psychologist, University of Michigan; ex-Moonie, Benji Carroll of Montreal; and Ottawa lawyer Leonard Levenson. In response to a question asked by moderator Bernie Farber, Director of youth programming for the JCC, 50 per cent of the students present indicated they had been approached by a cult.

The proceedings were enlivened considerably by the presence of a local scientologist who spoke about his association with that organization.

Despite the bad weather, 250 people filled the main auditorium Sunday evening to hear presentations by each of the four speakers. Nina Alexander, chairman of the Temple Israel Social Action Committee and of the Cult Information Seminar, was moderator for the second session. The seminars were sponsored by Temple Israel, the Jewish Community Centre, and the Jewish Students' Union. Additional support was received from Congregations Machzikei Hadas, Young Israel and Agudath Israel. Media coverage of the event resulted in articles in the Ottawa Journal and Citizen; interviews on CKOY, CKO, CHEZ, and CFRA; and coverage by CBO-AM, CBC TV, and CTV.

The Canadian Council of Liberal Congregations underwrote the cost of taping the evening seminar in its entirety. A copy of the tape will be made available for loan to other interested organizations throughout Canada.

For families who need information or help regarding cults, a Cult Information Centre is located at the JCC. Call inquiries to Bernie Farber at 232-7306 or the Jewish Information and Referral Service at 232-3775.

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Annual Membership (\$8.00)
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5775 Victoria Ave., Montreal, Quebec, H3W 2R4

Attention All Singles and Young Adults 21+

You are cordially invited to attend
the 4th annual
NEW YEAR'S EVE PARTY
Sunday, December 31, 9:00 p.m.

Assembly Hall
Jewish Community Centre

Cost \$10 per person, including

- hot and cold buffet
- champagne toast at midnight

FORMAL DRESS OPTIONAL

Cash Bar

R.S.V.P. Abe before Dec. 25, 232-7306

Classified

Work Wanted

EXPERIENCED SALES CLERK, cashier. Available for Christmas and/or part-time during the year. Also interested in work as English tutor, librarian, research assistant, programming for children's groups, etc. Call 232-3775, file 252.

Volunteers

CANVASSERS wanted, month of February. For Heart Fund campaign. Contact Miss Betty Parry, 224-9765.

Help Wanted

BABYSITTER wanted. Teenager or grandma. Occasional evenings and weekends. For 2 year old boy. Manor Park. Will pick up and deliver safely. 741-4520.

Last Chance

Mail your Jewish Bulletin Reader Survey today!



GLEBE FISH
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238-1951

Arts Fair

The Jewish Community Centre will be holding an Artisans' Fair in May, 1979 at the Jewish Community Centre. The Fair will incorporate the work of Canadian and Israeli artists in all fields of art and crafts. Volunteers are required to assist in planning and organizing the event.

All interested parties-artists and volunteers are asked to contact Larry Szpirglas, Executive Director of the Jewish Community Centre, for further information as quickly as possible.

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Shabbat Candlelighting
December 15 — 3:59 p.m.
December 22 — 4:01 p.m.
December 29 — 4:06 p.m.

Grand Opening



We make it easy for the hard to fit.

Eric and Lou Werner are pleased to announce to their former customers and all their friends that they have now opened their new Men's Wear Store in the Westgate Shopping Centre. A cordial welcome is extended to everyone to drop in anytime—especially if you are a big fellow, and head to fit. You'll have no trouble at Mr. Bigfellow.

*Our entire store caters to the portly, short portly, tall and tall portly. Complete selection of quality Men's Wear • FULL RANGE OF SIZES IN • TALLS • SHORTS & REGULAR TO SIZE 60

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Talls, shorts, portlys
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ASK THE EXPERTS ON SUNDAY, JANUARY 14th

Cynthia Gasner, Toronto TV Personality on **cost and consumer protection**

Dorothy Lieff, Ottawa Homemaker on **the housewife connection**

Rabbi Gedalia Felder, Canadian Jewish Congress, Toronto, on **explanation and identification**

Dr. Baruch Diena, Chairman, Ottawa Vodot HoKoshrut, on **the Ottawa organization**

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A DISPLAY OF KOSHER PRODUCTS . . . GOURMET RECIPES . . . A KIT TO TAKE HOME

SUNDAY, JANUARY 14, 1979, AT 2:00 P.M.

JEWISH COMMUNITY CENTRE, 151 CHAPEL, OTTAWA

registration — \$2.00 per person refreshments will be served

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A PROGRAMME FOR THE MODERN MAN AND WOMAN

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